

**Abstract:**

The invention relates to a training apparatus (1) for optimizing a golf swing. The apparatus consists of at least one guide ring, which is positioned on a plane that is inclined in relation to the vertical by means of a support. The apparatus is characterized in that it is provided with two guide rings (2, 3), which are arranged approximately on the same plane, and which are held at least in certain sections in a support (4) at a distance from one another. The two guide rings (2, 3) are approximately elliptical and are designed to support a golf club. The training apparatus (1) enables a golfer to improve his or her swing by maintaining contact between the golf club and the two guide rings when following the ideal line.

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